

## Power of Optimism

I believe in the power of optimism.

Well, if you think I was born an optimist, I may have to disappoint you. Truth is, I had always been a quite pessimistic girl, until the day my primary six form teacher left a famous quotation in my report book - "An optimist tells you that a glass of water is half full; a pessimist, half empty". She told me that the way you think and feel for something would have an impact on your life. Hence, if you want to live your life to the best, try to be optimistic in everything. Sooner, you will realise that your take on things will change, no matter what situation you are in.

I did not truly understand my teacher's intention back then, but now as I am growing up, I gradually see the effects of her advice. Being optimistic has helped my life in many ways.

Optimism allows me to not take all outcomes into heart so much. Without this worry, I am more confident and dare to present myself in front of the crowd. When I was in primary school, I was really reluctant to be the class representation for any competitions, doing presentations and even answering teachers' questions in class. I would feel everyone's eyeballs staring into me and start panicking. When I am nervous, I simply cannot express my thoughts well into sentences and my speech would be incoherent. However, as time passed, I am more optimistic and no longer afraid to make mistakes in front of people. Instead, I take it as opportunities to present my true self to the world confidently and show my talents to the world. Even if I do make some embarrassing errors in front of the crowd, I will take it as gentle reminder for not committing the same mistakes. See, this is how optimism had changed in me.

Besides that, optimism changed another part of my life too. With optimism, I do not give up easily when I face obstacles.

It was last year January, when I was doing a Math project work with my friends, which was due in the middle of July. At first, we were very confident and slightly lazy. We thought that we had a luxury of time and could finish our project before deadline. So, we started our project in May, when we were finally free from competitions, concerts and other commitments. However, things did not turn out as expected. First, we were told to hand in a draft of the report of the project before the June holidays. Secondly, most of our free time clashed with someone's schedules and we were unable to discuss and complete the report together. Hence, all of us spent many sleepless nights and any free time we had to finish the report. It was indeed, very exhausting, and we wanted to give up. Suddenly, I recalled my teacher's advice – Be optimistic. How could I forget about that? Good outcomes always come after optimism! So, I adopted an optimistic attitude and persevered through any pains and difficulties in finishing our project and handed it in on time. Although we did not get

very high marks, I still rejoiced that optimism had helped me again. So, live life as an optimist!